



Pre- and Post-Sclerotherapy Instructions

Pre-Sclerotherapy Instructions

- If prescribed, fill your prescription for compressions stockings in advance, or purchase compression hose if instructed.
- Avoid anti-inflammatory medications such as Advil or Aleve (ibuprofen) or aspirin 7 - 10 days before the scheduled procedure.
- Do not shave your legs the night before or the day of your procedure.
- Do not apply any lotion or creams to your legs the day of your procedure.
- Bring or wear loose-fitting pants, shorts or sweatpants.
- Bring any compression stockings or support hose that were prescribed for you.

Post-Sclerotherapy Instructions

- If instructed to, wear compression stockings continuously for the first two days following your treatment. After that you may remove any tape and cotton balls or rolls. If directed to, wear the stockings during the day for at least 2 weeks. The use of reduces blood reentering the injected area, decreases the incidence of hyperpigmentation and telangiectatic matting, and improves venous blood flow.
- Walk for 15-20 minutes after your procedure
- After 48 hours you can shower as normal. Avoid hot baths, hot tubs, and saunas for two weeks after sclerotherapy to avoid venous dilation.
- Take Tylenol for any discomfort. Avoid Advil (ibuprofen), Aleve, aspirin, and other anti-inflammatory medicines for at 7 to 10 days. The inflammatory response is part of the treatment process.
- Elevate your legs to improve your comfort level.
- Avoid sun exposure, including tanning booths, for 4 - 6 weeks or until bruising or discoloration resolves. Apply sun block if sun exposure is unavoidable in your daily routine.
- Watch for any signs of infection. Some redness is expected. If you develop progressively enlarging areas of redness or any drainage of pus, contact our office immediately at 973-763-7546.
- Do not "pop" blisters or scratch at scab. If you develop a blister and it opens, allow it to dry. Wash the area gently with mild soap and water.
- Avoid high-impact activities such as aerobics, jogging, running, and leg weight lifting for one to two weeks after treatment.
- Your legs may initially look worse due to bruising, blistering or swelling. Results can take several weeks or months to fully mature.

Please call our office if you have any questions or concerns at 973-763-7546